

YMCA Flag Football Schedule 2011

All games are played at the YMCA Main Facility on Racquet Club Dr.

2nd, 3rd Grade Division (Tuesdays & Wednesdays)

- #1. Boudo – 883.3437 or 883.6783
- #2. Stipe – 409.6747
- #3. Oose – 342.6022
- #4. Kolarevik – 920.7329
- #5. Wittke – 709.0609
- #6. LaFaive – 409.6844

4th, 5th Grade Division (Thursdays)

- #7. Aartz – 499.1177
- #8. Whiting – 941.8350
- #9. Liberty – 590.2906

<u>Field #1</u>	<u>Field #2</u>	<u>Field #1</u>	<u>Field #2</u>	<u>Field #1</u>	<u>Field #2</u>
Tuesday		Wednesday		Thursday	
<u>9/20</u>		<u>9/21</u>		<u>9/22</u>	
5:00		5:00		5:00	
Practice/Orientation Day		No Games		Practice/Orientation Day	
Everyone				Everyone	
<u>9/27</u>		<u>9/28</u>		<u>9/29</u>	
Practice5:00	Practice	Practice5:00		7-9	5:00
2-5	5:45 3-4	1-6	5:45	8-9	6:00
					8 may practice
					7 may practice
<u>10/4</u>		<u>10/5</u>		<u>10/6</u>	
Practice5:00	Practice	Practice5:00		7-8	5:00
2-3	5:45 1-5	4-6	5:45	7-9	6:00
					9 may practice
					8 may practice
<u>10/11</u>		<u>10/12</u>		<u>10/13</u>	
Practice5:00	Practice	Practice5:00		8-9	5:00
1-4	5:45 3-5	2-6	5:45	8-7	6:00
					7 may practice
					9 may practice
<u>10/18</u>		<u>10/19</u>		<u>10/20</u>	
Practice5:00	Practice	Practice5:00		7-9	5:00
2-4	5:45 1-3	5-6	5:45	8-9	6:00
					8 may practice
					7 may practice
<u>10/25</u>		<u>10/26</u>		<u>10/27</u>	
Practice5:00		Practice5:00		7-8	5:00
1-2	5:45 4-5	3-6	5:45		
					9 may practice

Schedule Notes: The first 45 minutes of each game day (5:00 start) will be practice followed at 5:45 with a regular scheduled game listed above for 2 & 3 Grade. 4 & 5 will have games each week 5:00 & 6:00.. off teams may practice when not playing

The Rules are listed below. Good Luck & Have Fun!

Grand Traverse Bay YMCA Flag Football Rules

1. Y Flag Football will be offered for 2nd/3rd (Tuesday & Wednesday) grade division & 4th/5th (Thursday) grade division.
2. Coaches are required to see that each player receives similar amounts of playing time, and a chance to play different positions.
3. All players must wear a mouth guard.
4. A game will consist of two (2) halves. Each half will be twenty (20) minutes with a running clock. Half time will be five (5) minutes.
5. Each team will have the ball for four (4) downs in which time they either score, punt, or move into the next zone.
6. The field is divided into 3 equal zones. The dividing lines are the first down zones.
7. A team shall consist of 9 players with at least 5 players on the line of scrimmage when on offense. The defensive team must maintain at least 4 players on the line of scrimmage.
8. The choice of kicking or receiving is determined by coin toss.
9. All players must wear tennis shoes, turf shoes or soccer shoes. Jerseys must be tucked in as not interfere with the pulling of flags. Any player without a flag cannot advance the ball in case of an interception.
10. No defensive player may cross the line of scrimmage on a pass play until count is at 4 Apple or 4 Mississippi, etc. On a run, when the ball crosses the outside tackle, you may rush the line of scrimmage.
11. The offense is allowed 30 seconds to begin play after the official places the ball on the line of scrimmage.
12. All members of the offense must be in the huddle before the play begins. The huddle must take place at least 10 yards from the sidelines. All grades, the coach may be in the huddle to give directions, and must move away prior to the snap of the ball.
13. When blocking = **Players may not leave their feet before making contact.** When a defensive player attempts to pull a flag, they **may not** dive.
14. Each team is allowed 2 time outs per half, and the clock will be stopped. Timeouts are 1 minute.
15. All fumbles are dead, and possession is retained by the offensive team. Exceptions = On hikes, the offensive team can pick up the ball and continue to play. On punts and kickoffs fumbles are live; possession is then given to the recovering team.
16. A team must designate if they are going to punt. All players except defensive backs must remain stationary and in the set position until the ball is kicked. Should the hike from the center go over the punters head, it must be kicked from the spot it is recovered. If the kicker punts the ball into the end zone, the ball is spotted at the 10 yard line.
17. The ball carrier may not dive or hurdle over other players.
18. Extra point attempts will be made by scrimmage play. A. Worth 1 point B. Scrimmage line is 5 yard line.
19. Free substitution is allowed any time the play is not in play.
20. Lineman must be in 3 or 4 point stance on offense & defense, with 5 men on offense and 4 men on defense.

21. Penalties: A) Major – will consist of a ten yard walk off from the point of the infraction and includes the following = Unsportsmanlike conduct, tackling, clipping, straight-arm, unnecessary roughness, illegal use of hands, knocking away a player's hand who is trying to grab a flag, playing the man instead of the flag, blocking the ball carrier out of bounds. Also no leaving your feet when blocking, diving or hurdling a player. Wrapping your flag is unsportsmanlike behavior and subject to ejection is repeated.
- 2 unnecessary roughness penalties on the same player = ejection plus yardage
 - Flagrant penalty: Ejection, plus yardage
 - Foul language: 15 yards and ejection on second offense
 - Pass Interference: Defense 10 yards from spot and 1st down -- Offense 10 yard from line of scrimmage plus loss of down.
 - Illegal pass received down field – 10 yards from line of scrimmage and loss of down.
 - Minor penalties will be 5 yards from line of scrimmage. (Off-sides, Illegal motion, too many players, delay of game, etc.)
22. Kickoff & receiving line is 5 yards past the first down zone line. Kickoffs received in the end zone are brought out to 10 yard line. If the ball goes out of bounds on the kickoff the receiving team has the option to have a re-kick or take it at the spot it went out after a 5 yard penalty.
23. No onside kicks allowed.
24. Safeties: When the offensive team is downed in their end zone the defensive team is awarded 2 points and gets to receive a kickoff. The kick is a free kick and can be a punt or from a tee. The ball will be kicked from the regular spot, which is 5 yards past the first down zone.
25. Tiebreakers at end of regulation = Coin toss determines Offense, Defense, and which goal each team has. The ball is placed on the zone line and each team has 4 downs to score. If still tied, game will stay in a tie.
26. Flags are worn by all players. The center, left guard, right guard, left tackle, right tackle, may not receive the ball on offensive plays.

Tuesday, September 27, 2011